



TransFamily
Support Services

Gender Affirming Care Provider Options for Youth

California based

Contact us at info@transfamilysos.org

CHLA

- Closing the Center for TransYouth Health and Development 7/22/25
 - Appointments prior to this date are being honored
 - Providers are working to give each patient resource for other providers
- All gender affirming surgeries must be complete by 6/30/25
 - Appointments prior to this date are being honored.
 - Dr. Lee and her team are working to find other providers to take patients scheduled after this date.
- **FOR MEDICAL RECORDS** - call 323-361-6055 or go online to www.chla.org/request-medical-records-him

UCLA

Contact: 310-267-4334

- Currently have capacity for new patients, all ages.
- UCLA Leadership is currently strategizing how best to support the local community.
- Patients/families can start the process by contacting our care coordination team, info listed on their website.
- UCLA accepts many insurance plans, including some MediCal plans

Cedars Sinai

Contact: 310-423-4543

- Dr. Paria Hassouri, Treating youth of all ages
- Accepts many insurances including some HMO and Medi-Cal

Children's Hospital Orange County (CHOC)

Contact: 714-509-8634

- They currently have the capacity to accept new patients.
- CHOC accepts many insurance plans, including some MediCal plans

Metamorphosis Medical Center

Contact: 714-484-8000

- Buena Park and telehealth
- Does not accept insurance, cash rate is quite high

Memorial Care

Contact: 562-933-0050

- Long Beach
- Accepts some insurance
- Will see patients from out of state

AltaMed

Contact: 888-499-9303

- South Gate AltaMed FQHC
- Accepts most insurance, including Medi-Cal, and offers self-pay
 - If you have Medi-Cal, it would be helpful to switch your health network to AltaMed and set this location as your primary care location.
- Will see patients from out of state

USC Keck

Contact: 323-442-5843

- Accepting new patients
- Over 18
- Most insurance plans accepted, including MediCal plans

Rady Children's Hospital

Center for Gender Affirming Care

Contact: 858-966-8493

- They currently have the capacity to take on new patients.
- Rady can see youth through age 22 via specialty care.
- Accepts many insurance plans, including some MediCal plans

Private Practice

Pediatricians, Family Medicine

Contact: insurance@transfamilysos.org

- These are private practice providers, not a specialists.
 - Out of an abundance of caution, we are not sharing these providers names publicly, please reach out to Amy for assistance.
- For folks with HMO insurance, primary care would need to be transferred for treatment.
- Many insurance plans accepted, including most Medi-Cal plans

UCSD - Gender Health Program

Contact: 619-543-3633

- Accepting new patients
- Over 18
- Accepts many insurance plans

Scripps Clinic

Gender Health & Transgender Care

Contact 800-727-4777

- Taking new patients in endocrinology for patients 18 and up
- Many insurance plans are accepted.

UCSF

Contact: (415) 353-7337

- Is currently taking new patients ages 3 - 17
- Locations in San Francisco, Oakland and San Ramon
- Triage and prioritizing patients who are in need of blockers or med refills
- Patients 18 and above can be seen at their Adult Clinic, call (415) 885-7770

Planned Parenthood

Contact 888-743-7526

- Seven affiliates throughout the state, including Santa Barbara, Central Coast, Mar Monte are seeing patients 16-17 with parent consent.
- Other locations treat 18 and up
- Insurance is accepted

QueerDoc (Virtual Care)

Contact: [QueerDoc.com](https://www.queerdoc.com)

- Currently taking new patients in California and 9 other states for virtual care
- All families start with a free intro visit with Nora, Care Coordinator
- Visits are paid on a sliding scale

True U Clinic (Virtual Care)

Contact: 646-650-5733

- Currently seeing patients age 15 and up virtually. In 25 states
- Cash pay only.

Folx (Virtual Care)

Contact: folxhealth.com

- Over 18
- In most states
- Some insurance plans are accepted

Plume

Contact: getplume.co

- Over 18
- In most states
- Some insurance plans are accepted

Trans Youth Emergency Project

Contact: southernequality.org/tyep/

Trans Youth Emergency Project can provide families with a \$500 grant every 3 months, which can often cover the full cost of ongoing care (except for puberty blockers, which we help coordinate via insurance or assistance programs). These grants are only available to youth in states with active care bans.

CHLA Recommendations Below:



Looking for a new provider outside of Children's Hospital Los Angeles can feel overwhelming and frustrating. Hopefully the information included here will make things easier.

While we will miss you, we know you have the resources and resiliency necessary to continue to thrive. The following information was developed to support you along your journey to connecting with gender-affirming services elsewhere within Southern California. Connecting to a new provider can be challenging. However, with the right resources and preparation, you can have a successful transition.

Before we get to the resources starting on the next page, here are some things to keep in mind:

- 1) Be persistent in asking for what you need
- 2) Follow-up if you do not hear back (by phone or email)
- 3) Always plan ahead to avoid undue frustration. Other providers may be more rigid (e.g. showing up late, rescheduling, filling prescriptions)
- 4) Ask for help if something doesn't seem right

If you are having a hard time finding a provider or need some additional assistance, please do not hesitate to reach out to us as we are here to answer any questions you may have throughout your next journey.

Yours in Health and Solidarity,
The CTYHD Team
E-mail: ctyhd@chla.usc.edu
Phone: 323-361-2153

Medical Services

Tip: Before going to any of the following agencies, make sure to call ahead to verify addresses, hours of operations, and services provided.

For youth:

If you have Medi-Cal (some may also accept private insurance or cash pay – call to ask):

LA General Medical Center

- Adolescent Care & Transition (ACT) & Alexis Project (LGBTQ+) Clinic: Dr. Tracey Samko
- Phone: 323-409-3233
- 2010 Zonal Ave, 3P-40A
- Los Angeles, CA 90033

Children's Hospital Orange County

- Gender Puberty & Sexual Development Program
- Phone: 888-483-5670
- <https://choc.org/programs-services/endocrinology-diabetes/gender-puberty-sexual-development-program/>

Rady's Children's Hospital San Diego

- Center for Gender-Affirming Care
- Phone: 858-966-8493
- <https://www.rchsd.org/programs-services/gender-affirming-care/>

If you have Private Insurance:

Kaiser Permanente

- Phone- Southern CA: 323-857-3818
- Phone- Northern CA: 866-454-8855
- <https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/>

UCLA Gender Health Program

- Phone: 310-267-4334
- <https://www.uclahealth.org/gender-health/>
- Email: genderhealth@mednet.ucla.edu

UC Irvine Gender Diversity Program

- Phone: 714-456-6025
- <https://www.ucihealth.org/medical-services/programs/gender-diversity>

If you want to use Cash/Credit Card Payment (They usually don't accept insurance or help you get reimbursement from insurance):

Lyon Martin Community Health

- For ages 12 and above
- <https://lyon-martin.org/healthcare-services/>
- Apply for sliding scale fee
- See website for other forms of insurance they take
- Phone: 415-252-7515
- Email: info@lyon-martin.org
- 1735 Mission Street
San Francisco, CA 94103

Metamorphosis Transgender Clinic: Dr. Vierregger

- <http://www.metatranshormone.com/>
- Phone: 714-484-8000
- 8081 Stanton Ave., Suite 300
Buena Park, CA 90620

For adults:

Medi-Cal Patients (some may also accept private insurance or cash pay – call to ask):

Altamed Westlake, 3rd Street

- <https://www.altamed.org/inclusive-patient-care>
- Phone: 888-499-9303
- 2100 W 3rd St, Ste. 220
Los Angeles, CA 90057

APLA Health (Must assign APLA to be your PCP for any services)

- www.aplahealth.org
- Long Beach Location
 - Phone: 562-247-7740
 - 1043 Elm Ave., Suite 302
Long Beach, CA 90813
- Baldwin Hills Location
 - Phone: 323-329-9900
 - 3743 S. La Brea Ave
Los Angeles, CA 90016
- Olympic Location
 - Phone: 323-215-1725

- o 5901 W. Olympic Blvd., Suite 310
Los Angeles, CA 90036

Los Angeles LGBT Center

- <https://lalgbtcenter.org>
- Schrader
 - o Phone: 323-993-7500
 - o 1625 N. Schrader Blvd.
Los Angeles, CA 90028

DAP Health – Inland Empire (multiple locations)

- <https://www.daphealth.org/health-services/gender-affirming-care/>

Planned Parenthood

- Locations all over California
 - o Search for a location near you: <https://www.plannedparenthood.org/get-care/our-services/gender-affirming-care>

Pride Clinic Santa Paula

- Phone: 805-229-0200
- 254 W. Harvard Blvd., Suite B
Santa Paula, CA 93060

St. Johns Well Child and Family Transgender Health Program

- <https://sjch.org/transgender-health-program/>
- Warner Traynham Clinic
 - o Phone: 323-541-1411
 - o 326 W. 23rd Street
Los Angeles CA 90007
- Williams Health Center
 - o 808 W 58th Street
Los Angeles, CA, 90037
- San Bernardino Clinic
 - o 1500 North Waterman Ave.
San Bernardino, CA 92404

If you have Private Insurance:

Be Well Berlin

- Accepts some insurance or monthly membership
- <https://bewellberlin.com/>
- Phone: (310) 810-3666

- 8000 West Sunset Boulevard, Suite B200, #41
Los Angeles, CA 90046

Folx Health

- <https://www.folxhealth.com/>
- Monthly membership fee
- Accepts Aetna, Cigna, Blue Shield of CA, Evernorth, Blue Cross Blue Shield of Texas, Optum
- Out of pocket payment available

Keck USC Gender Affirming Care

- <https://www.keckmedicine.org/centers-and-programs/gender-affirming-care/>

If you want to use Cash/Credit Card Payment (They usually don't accept insurance or help you get reimbursement from insurance):

Plume

- <https://getplume.co/>
- Monthly membership. Fees vary depending on insurance
- HRT Access Funding available on the website for patients with financial barriers

QueerDoc

- <https://queerdoc.com/>
- Doesn't accept insurance, but offers sliding scale rates
- Phone: 541-604-8276
- Email: info@queerdoc.com

Richard Horowitz, M.D

- <https://www.Richardhorowitzmd.com>
- Phone: 310-358-7200
- 462 North Linden Drive, Suite 434
Beverly Hills, CA 90212

For all ages, looking for care in the UK and Ireland

Anne

- <https://www.anne.health/membership>
- Membership fee

Accessing your CHLA Medical Records

Your new provider may want records from us. In order to access your CHLA medical records, you need to do the following:

1. Go to <https://www.chla.org/request-medical-records-him>
2. Download, print, and complete and authorization form
3. Submit the authorization form along with a copy of identification through one of the following methods:
 - a. Via fax: 323-361-1106 or 323-361-1509
 - b. Via email: HIMRequest@chla.usc.edu
 - c. Via mail: Children's Hospital Los Angeles

Attn: Medical Records, Release of Information
4650 Sunset Blvd, MS #46
Los Angeles, CA 90027

To follow-up on your request: Call 323-361-2387 between 8AM and 4:30PM

Changing Your Primary Care Physician (PCP)

If you have HMO insurance and /or Managed Medi-Cal plans with a PCP outside of CHLA Adolescent Medicine, you will need to change your PCP. Here is the best way to go about this:

1. Make sure you have your policy number or know your Social Security Number as you will need that to access your policy.
2. If you know of a provider who you wish to see, make sure you have their name, the address of the practice/ agency and the phone number.
3. Once you have the information above (1 and 2) call your insurance carrier using the phone number on the back of your insurance card!

Tip: This process can take a few weeks to finalize, so make sure you contact your insurance early!